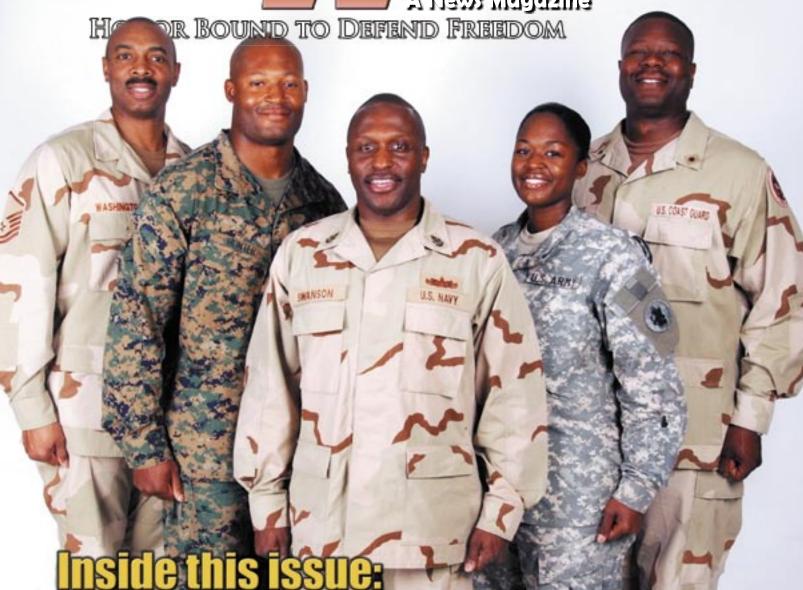


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with Army Sgt. Carl Slicker

Take the high road

Troopers have what it takes to always do the right thing

By Navy Command Master Chief Petty Officer Rick Beaber

Joint Intelligence Group CMC

Honor, courage, and commitment. Are they merely "buzz" words or do they have real meaning to us? As Troopers, we are often bombarded with these types of words and each service has some of their own. What they all boil down to is this: take the "high road." In other words, it means to always do the right thing. Always doing the right thing is not difficult.

Sometimes our mission calls for quick, decisive action and we start to take shortcuts, but it does not have to be that way. We all have an inner voice that tells us some things are just not right. When you ask yourself, "Am I doing the right thing?" you are using your moral compass to hopefully steer you in the appropriate direction, but if your inner voice says, "Hope I don't get caught," then you know something is wrong.

This rule applies in every situation and even more so in a multi-service environment. We have civilian, military, and several other government agencies so it's important to always treat everyone the way you want to be treated: in a professional and respectful manner.

Asking if it's okay to break a rule because someone else from another service or organization is doing it or



because it's allowed by their service's rules, is not the way we as professionals conduct business. The fact that your rules are different from someone else's does not mean you can pick and choose the ones you want to follow.

Don't try to justify breaking the rules when you already know it's the wrong thing to do. Simply don't do it. Next time you are faced with a situation that may be questionable, just take the high road. You will find that leadership is easy.

Overall, the Joint Task Force and Naval Station-Guantanamo has some of the most impressive and professional personnel that I have ever encountered and I am proud to serve with all of you.

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Celebrating Black History Month

"If there is no struggle, there is no progress."

-Frederick Douglas

By Army Spc. Phil Regina

JTF-GTMO Public Affairs Office

The majority of African-American history can be encapsulated in a single word; struggle. From the indignities suffered through slavery, to the racial injustice and hate crimes of the 1960s and to the challenges facing African-Americans today, struggle is one of the most common themes of African-American history.

Black History Month is a celebration of the indomitable spirit of African-American people. It began as a celebration honoring the birthday of prominent African-American writer, orator and abolitionist Frederick Douglass. Civil rights activist, Mary Church-Terrell began celebrating Douglass' birthday five years after his death in 1895. The

celebration took place in

Washington D.C.

The celebration continued as a single day for 15 years before Carter G. Woodson, a civil rights activist, named the second week of February Black History Week, in observance of both Douglass' and Abraham Lincoln's birthday. It remained a week-long celebration until the Nation's bicentennial in 1976, where the week-long celebration was expanded to a month.

Black History Month is more than just a celebration of two highly influential people in Black History. It is a means of exposing the indignities suffered by African-

Americans throughout history, as well as celebrating the achievements of African-Americans that have scaled the stumbling blocks set before them.

As Douglass said, where there is no struggle, there is no progress and the fact that we're celebrating the 112th iteration of Black History Month, is a testament to the progress and the struggle of African-Americans.

Stresses of transitioning stateside

By Navy Petty Officer 2nd Class Tanniesha Watts

JSMART Office

As a deployed, single or married Sailor, Soldier, Airman or Marine we are all faced with homecoming. Homecoming is a wonderful and exciting period as we reunite with family, friends and loved ones. With that said homecoming may also be stressful.

Some stressors can be associated with our family and our own expectations and fantasies. This can cause emotional letdowns. Be realistic; accept that things will be different and take your time getting reacquainted with your partner and children. Remember, you have been gone for an extended period and will need time to adjust. Spending quality time and open communication are two key components to a smooth transition back to your everyday life.

Another aspect of deployment may be your body's reaction to homecoming.

Our bodies have been in this operational mode for four, six, nine, or 12 months. There may be some anxiety, which could contribute to lack of sleep and increased irritability. Be aware that these signs and symptoms are normal for Troopers returning home. It should stop after a few months, but if it doesn't, ask your medical provider for guidance.

The final area of transition is

readjusting to your parent command or back to your civilian career. A lot may have changed while you were gone. You may have a new boss, people may have transferred, or you may even have a new position at work. It is easy to look at the negatives. Any changes can be seen as threatening initially. Keep a positive attitude and focus on the many positive aspects of returning home.



Security bulletin: For official use only

By Frank Perkins

JTF-GTMO Special Security Office

For Official Use Only (FOUO) information is unclassified information that may be withheld from the public because disclosure would cause harm to a national interest. It is protected by one or more exemptions to the Freedom of Information Act (FOIA).

FOUO information may be disseminated within DoD to conduct official DoD business. It may be disseminated to departments and agencies of the executive and judicial branches to fulfill a government function, except to the extent prohibited by the Privacy Act. FOUO information may not be released to foreign nationals without specific disclosure authorization from a Foreign Disclosure Officer.

Records containing FOUO information shall be transported in a manner that precludes disclosure of the contents. It may be sent via first-class mail or parcel post. Bulky shipments, such as distributions of FOUO directives or testing materials, that otherwise qualify under postal regulations may be sent by

fourth-class mail.

During normal working hours, FOUO information shall be placed in an out-of-sight location if the work area is accessible to non-governmental personnel. At the close of business, FOUO records shall be stored to preclude unauthorized access. FOUO information must be stored in a locked drawer, file cabinet, room, or building.

The originator shall terminate "For Official Use Only" status when the information no longer requires protection from public disclosure. Within JTF GTMO, FOUO materials that are no longer needed must be destroyed in the same manner as classified material, consistent with the preservation orders.

The unauthorized disclosure of FOUO records does not constitute an unauthorized disclosure of classified information. However, appropriate administrative action will be taken to fix responsibility and appropriate disciplinary action will be taken against those responsible. Unauthorized disclosure of FOUO information may also result in civil and criminal sanctions against responsible persons.

Mission first, security always! ■

CNO presents Pakistani admiral with Legion of Merit Medal

By Navy Petty Officer 2nd Class Michael Zeltakalns

U.S. 5th Fleet Public Affairs

WASHINGTON (NNS) – Chief of Naval Operations Adm. Mike Mullen presented Pakistani Chief of Naval Staff Admiral Muhammad Afzal Tahir with the Legion of Merit medal during an award ceremony Jan. 24.

Tahir received the award in recognition of his efforts in promoting bilateral cooperation in regional maritime and security affairs. These efforts allowed U.S. and coalition vessels to successfully conduct maritime security operations (MSO) within the U.S. 5th Fleet's area of operation.

Pakistan became the first region-

al country to lead one of three coalition maritime task forces when it commanded CTF 150 from April to August 2006. As members of this task force, Pakistani navy ships operated as part of CTF 150 in the Gulf of Aden, Gulf of Oman, the Arabian Sea, Red Sea and parts of the Indian Ocean.

In his remarks, Mullen extended his congratulations to Tahir and lauded his role in further strengthening the relations between the two navies. He said that Tahir's exemplary commitment, dynamic leadership and exceptional devotion to duty made him a perfect candidate for the award.

"It was my great honor to bestow this medal on Admiral Tahir," Mullen said. "He's a superb leader, who by his skill and intellect vastly improved maritime security and safety in the gulf region. I am grateful for his service, and I am proud - our Sailors are proud - to have served with him. We are prouder still to count him a friend."

Coalition forces conduct maritime security operations under international maritime conventions to ensure security and safety in international waters so that all commercial shipping can operate freely while transiting the region.

CTF 150, established near the beginning of Operation Enduring Freedom, is comprised of naval ships from numerous other coalition nations, including Germany, France, United Kingdom and the United States. ■

Network News

Blogging while at GTMO

By Air Force Capt. Troy Townsend

JTF-GTMO Information Assurance Office

Web logs, or blogs, are a popular way to stay in touch with people back home. They allow you to post thoughts and experiences onto the web so that friends and family can read about all the exciting things you are doing while deployed here. What bloggers need to remember is that the information posted on the web is available for anyone to read. Naturally, this raises some concerns for network security and operations security. In fact, many locations have a policy that prohibits members from posting to blogs while deployed.

Here are some pointers to make sure that your postings do not jeopardize the safety of your fellow servicemembers and civilian personnel here.

From a network security standpoint, blogging sites are increasingly dangerous because they are breeding grounds for exploits and viruses. Because of the popularity of the blogging sites, viruses can spread very quickly as people from all over the world pass through the site. Additionally, someone can exploit a specific target by placing malicious code on a site that is known to be frequented by, in our case, deployed members at GTMO. A couple months ago,

a blogging/chat site that was created by a deployed Trooper had to be blocked because malicious code was embedded into advertisements appearing on the site.

If you are going to blog, the best advice is to choose a well-respected site that allows you to limit who views your postings. Then, refrain from allowing anyone to post images, movies etc. that could contain malicious code to your site.

Blogging also raises many operations security concerns. "Troopers must practice operations security at all times. OPSEC is an analytical process used to deny an adversary critical information about our planning processes and operations. Your blogs, [like] this article, will be available to anyone with Internet access including our adversaries. In order to keep you, your family and our mission safe, do not reveal your city, or the names and ages of your children or spouse. In addition, Department of Defense policy dictates that no critical or classified information can be in blogs, as well as no speculation on incidents that are still under investigation," said Jim Morales, the OPSEC program manager.

In many respects, the easiest thing is to simply refrain from blogging while deployed. The information that can be gleaned from many blogs over a period of time adds an element of unnecessary risk to what the JTF-GTMO mission is trying to accomplish. However, if you are going to blog, blog safely!

If you have a topic that you'd like us to address in an upcoming column of Network News, send your request to: j6-ia@jtfgtmo.southcom.mil. ■

Seminoles stretch for a comeback

By Army Spc. Phil Regina

JTF-GTMO Public Affairs Office

The Florida State Seminoles shell-shocked the mighty Maryland Terrapins 96-79 Tuesday.

It was a fast-paced game, with both teams constantly trying to up the tempo. The Terrapins, however, could not keep up with the Seminoles' balanced and efficient offense.

Four players scored at least 15 points, with senior forward Al Thornton leading the team with 27 points. The win brings the Seminoles to a 4-4 record in the Atlantic Coast Conference after a disappointing 0-3 start.

"We wanted to get back to .500," explained junior guard Jason Rich, after a career-high 24 point performance. "Any time you dig yourself a hole, you want to get back even. That's what we did tonight."

Thornton played with fever-pitched perfection, scoring fast and often. He made 12 of 17 shots and led the Seminoles with eight rebounds. He has scored at least 19 points in seven of the last eight ACC games.

Rich followed Thornton's outstanding lead, making 10 of 12 shots. The Seminoles shot 61.7 percent from the field and 87.5 percent from the free-throw line.

"They had a good shooting night," Terrapins coach Gary Williams explained. "But I'm sure our defense had something to do with it. We let them hit some shots early, and they got more confidence."



Terrapin guard D.J. Strawberry was held to a measely 7 points in Tueday's game against the Seminoles. The Terrapins' loss propelled Florida State to a 4-4 record for the season after a disappointing 0-3 start.

Knicks float over Lakers 99-94

By Army Staff Sgt. Vince Oliver

JTF-GTMO Public Affairs Office

The Los Angeles Lakers lost to the New York Knicks 99-94 Tuesday night as star guard Kobe Bryant sat out a one-game suspension for punching San Antonio Spur Manu Ginobili in the face during a game Sunday.

Bryant, who was suspended without pay, appealed to the NBA commission unsuccessfully to play in Tuesday night's game. The NBA allows for players to be reimbursed financially on appeal but there is no recourse for missed games. Unfortunately, Bryant will never be able to get back the time lost on the court Tuesday night and who knows what the outcome would have been in Tuesday's game if he had played.

Knicks head coach Isaiah Thomas voiced relief at Tuesday's win over the Lakers saying, "Very rarely do you have blowouts and we didn't think that by no means that we were going to blow them out. But I'm glad Kobe didn't play. I'm really happy he didn't play."

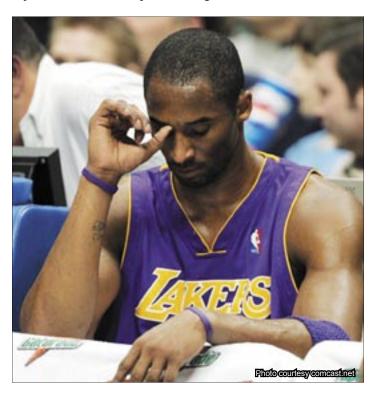
When Bryant's absence was announced in the pregame introductions, Knicks fans were heard booing, suggesting that Bryant's presence on the court would ensure that the fans received their money's worth.

"It happens," said Laker Forward Lamar Odom.
"We have to be professionals. Sports, anything can happen. We've seen that with my injury, his injury.
We have to play team basketball. We just didn't do a good job tonight."

Odom put up 25 points, nine rebounds and six assists. Behind him were Vladimir Radmanovic with 18 points and Smush Parker with 14 points.

Bryant averages 28.4 points per game but Lakers head coach Phil Jackson said that wasn't the issue. "I didn't think about that at all. We think about the fact that we should have made some plays down the stretch. You know, there's a tumbled ball here, there. We just didn't take care of the ball the right way."

Most notably missing from the Knicks front court was forward Quentin Richardson who is on the injured list with a sprained right elbow. ■



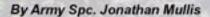
Lakers star player Kobe Bryant served a one-game suspension for an incident against San Antonio Spur Manu Ginobili. Minus their leading scorer, the Lakers suffered a defeat against the New York Knicks.

Pigskin	Army Col. Dennis Army Command Sgt Maj. Plemmons Joint Detention Group	Army Maj. Pearson Army Command Sgt. Maj. Robins Joint Detention Group	Navy Cmdr. Winter Navy Command Master Chief Conley Joint Detention Group	Army Col. Tucker Army Sgt. Maj. Diaz Joint Task Force Public Affairs	Army Capt. Hughes Army 1st Sgt. Fitzgerald Headquarters, Headquarters Company
Previous Picks	2-0	2-0	0-2	1-1	2-0
Season	150-109	154-109	160-103	159-104	160-103
Sunday 6:30 p.m. Indianapolis (12-6) and Chicago (15-3)	Indianapolis	Indianapolis	Indianapolis	Indianapolis	Indianapolis
				10 30	3



DIVING





JTF-GTMO Public Affairs Office

The colorful wildlife of the Guantanamo Bay waters is truly a sight to behold. From the coral reefs flourishing with all manner of fish and crustaceans to the popular "wreck-dives," Troopers serving at GTMO, have an awesome opportunity to explore beneath the churning waters of the Caribbean.

However, before you can suit up and jump in, you must first become a certified diver. The Open Water Dive course is the initial certification class offered by the Professional Association of Diving Instructors, said April D. Berryman, assistant manager at the GTMO dive shop. The course costs \$240 and includes everything you will need to get started, minus a mask, snorkel and fins.

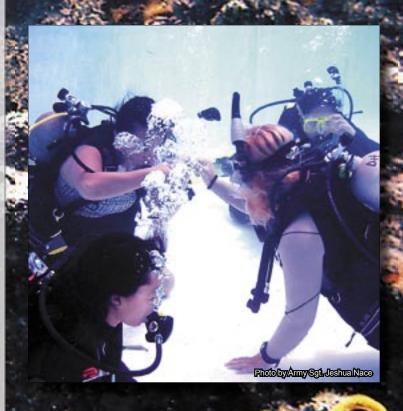
Those who take a great interest can continue in their certification progression through the Advanced Diver and Rescue Diver courses and more.

For those Troopers interested in being a certified scuba diver, they can find more information at the dive shop located next to the Navy Exchange, or by calling them at ext. 75336.

The dive shop's hours are Mon, Wed, Fri, 12 p m to 6 p.m., Sat 9 a.m. to 6 p.m. and Sun 9 a.m. to 5 p.m.

With a little time, dedication and patience you can discover a whole new world that's awaiting you.





Background photo by Army Sgt. Jeshua Nace

National salute to Veterans

By Navy Petty Officer 2nd Class Trevor Andersen

JTF-GTMO Public Affairs Office

Ours is a military full of heroes; men and women who have sacrificed comfort and family to defend freedom around the world. Many have made the ultimate sacrifice. We do this knowing that freedom is not something we can simply vote for, it must be won.

There are more than 98,000 veterans of the U.S. armed services who are cared for every day in various Department of Veteran Affairs (VA) medical centers

The VA encourages us to pay tribute to these veterans during the National Salute to Hospitalized Veterans week February 11 through 17. Every year the VA tries to increase community awareness of the role of their medical center.

One of the biggest things the VA is trying to accomplish on National Salute Week is encouraging citizens to visit hospitalized veterans and get them involved in volunteering.

The VA invites civilians, veterans groups, Troopers, civic organizations, businesses, schools, media, celebrities and anyone who wants to show their support to participate in a variety of activities at the VA medical centers.

Volunteers will visit special wards, distribute Valentines as well as take part in recreation activities with veterans. Some schools are holding essay contests to honor them as well.

It may be difficult to visit hospitalized veterans or volunteer when you're stationed at Guantanamo Bay, but that doesn't mean you can't make a difference. Encourage your loved ones back home to volunteer and visit our injured heroes.

This year musician and actor Jerry Reed will serve as the National Salute Chairman and invite the public to honor hospitalized veterans.

This National Salute Week, do what you can for those who have made such large sacrifices for freedom.

For more information or to volunteer, visit the Department of Veteran Affairs online at www.va.gov.



The symbol of a broken ring, cracked but still intact, marks the entrance to the new Center for the Intrepid, a 65,000 square foot rehabilitation center next to Brooke Army Medical Center in San Antonio, Texas. Adjacent to the center, created by private donations for amputees and critical burn victims are two 16,800 square foot Fisher Houses that can accommodate up to 42 families visiting their injured loved ones.

Contest of the consoles

By Navy Petty Officer 2nd Class Trevor Andersen

JTF-GTMO Public Affairs Office

The video game console wars have begun again and, as usual, the major video game companies are battling for a spot in your living room. Your decision could easily be responsible for 90 percent of your joy or sorrow in 2007. I know you're asking yourself where to turn. Does the Fleet and Family Support Center have classes on choosing a console? Should I talk to the chaplain about this?

Well look no further. *The Wire* is proud to present you with exhaustive research on the top three console systems. *Microsoft XBOX 360, Sony Playstation 3,* and the *Nintendo Wii.* ■



Sony's Playstation 3

Released just before Christmas, the *PS3* is still hard to find in stock, but dedicated buyers can still find them on *eBay*. The greatest asset of the *PS3* is its superior graphics. The games look clean and smooth and haven't even started to push the limits of the systems graphic capabilities. There have been some innovations with the controllers including motion sensing and wireless.

It is also equipped with a Blu-ray drive to play high quality video. The bad news is the system is very expensive. If you want to pay \$600 for a console, this is the one for you. Also, who knows how long it will be before you can just walk into a store and buy one?



Microsoft's XBOX 360

Microsoft's console has very close to the same graphic capability as the *PS3* but has a few advantages over it. First, it's almost \$200 cheaper. Second, it's been out for quite a bit longer and because of that, it has a larger library of games. And finally, you can walk into any store, including the Navy Exchange at Guantanamo Bay, and buy one off the shelf.

You can buy an external High Definition-DVD drive for the *XBOX 360*, which is the direct competitor of Blu-ray. It's like the war between Betamax and VHS all over again. This system, like the *PS3*, has great first-person shooter games and great graphics due to the fact that it is just a personal computer put in a video game console.



Nintendo's Wii

Despite the silly name, (pronounced "we") Nintendo has created the most innovative video game system of the bunch. The controller is a motion sensor remote with an attachment that is also motion sensitive. The graphics aren't much better than its previous system, the *GameCube*, but what it lacks in graphics it makes up for in fun, innovative games and backward compatibility (the ability to play games from older consoles).

All three systems allow you to play games from their previous systems (*PS2*, *XBOX* and *GameCube*), but the *Wii* allows you to download and play every game in the Nintendo library including games from the original and *Super NES*, and *Sega Genesis*. On top of that, it's very inexpensive. Unfortunately it's also very hard to find.

Reunion Issue #7

By Army Chaplain (Lt. Col.) Ron Martin-Minnich

JTF Command Chaplain

Practically everyone who's been through the reunion cycle agrees that your sense of timing, and that of your partner, matters a great deal. The most important thing seems to be to save the first day or two for just being home and being together. Questions, problems, and complications can wait – whether they are "your" troubles or those of your partner.

Do set aside your first day home for doing nothing but soaking up the fact that you are home.

Do come right out and tell your partner how wonderful it is to be together again; and if you have children and other friends and family around, tell them too.

Do focus on your partner and family for the first couple of days. Unless you are single, let seeing your friends wait until later.

Don't go through your mail on the first day. It's been waiting quite a while already, so a couple of extra days won't matter.

Don't ask where the money came from for the new curtains, or who put the scratch in the coffee table.

Don't make judgments about any changes you

notice in the home, in your partner, or in your children if you have any. Let things settle for a couple of days.

Seek professional and sympathetic support if you are having a difficult time adjusting to your stateside life through your chaplain and family readiness and support programs and staff.

SURVIVING SEPARATION

By Army Chaplain (Lt. Col.) Ron Martin-Minnich

JTF Command Chaplain

This week's action item is:

Action Item #7 - Think about reorganizing your life.

Plan with your family or loved one what you want to change before you return home. Plan the change instead of being controlled by the change. Simply, work out a way to make the changes you have wanted to achieve during this time of separation. It could be a renovation to your home, buying a new home, moving to a new job, and whatever your imagination can create.

WEEKEND WEATHER FORECAST

Weather forecast provided by www.weather.com

Saturday, Feb. 3

Partly cloudy. Highs in the upper 80's, and lows in the upper 60's.



Partly Cloudy

Sunrise: 6:35 a.m. Sunset: 5:54 p.m.

Chance of Rain: 20%

Sunday, Feb. 4

Partly cloudy. Highs in the upper 80's, and lows in the upper 60's.



Partly Cloudy

Sunrise: 6:35 a.m. Sunset: 5:54 p.m.

Chance of Rain: 20%

Monday, Feb. 5

Partly cloudy with overnight showers. Highs in the upper 80's, and lows in the upper 60's.



Partly Cloudy

Sunrise: 6:34 a.m. Sunset: 5:55 p.m.

Chance of Rain: 10%



- The Prestige -Rating: ★★★

Rated: PG13

Duration: 128 minutes

MOVIE REVIEW (ORNER

This week's movie review of "The Prestige" by Army Staff Sgt. Vince Oliver

The Prestige, one of the best thrillers of early 2007, is playing in theatres at Guantanamo Bay this week.

Starring Christian Bale (Batman Begins), Hugh Jackman (X-Men), Michael Caine (Batman Begins) and Scarlett Johansson (The Black Dahlia), The Prestige is a masterfully written screenplay chronicling Alfred Borden (Bale) and Robert Angier (Jackman), two young magicians in old England, who go from fast friends to enemies and rivals as a result of a small but fatal error in judgment.

As Alfred and Robert part company as friends, a constant battle to one-up each other's act makes up the majority of the story. When Alfred unveils a revolutionary new illusion, Robert becomes obsessed with learning how his rival performs the trick, even though he performs another version of the same trick himself.

The Prestige uses science to bridge the gap between illusion and real magic. The film is dated back to when household electricity was a new thing.

This movie is full of great dialogue between the main characters and although there is a huge hint dropped part way through the movie, you would be hard-pressed to predict its outcome.

Rock superstar David Bowie makes an appearance giving a great performance as one of the films pivotal characters near the end of the movie.

While I don't foresee any major award nominations for this film, I do highly recommend it and give it four stars for originality and a unique plot. ■

Boots on the Ground:

"If you changed your military occupation, what would you change it to?"



"I would like to work in the field I am trained for."

-Army Spc. Jedidah Johnson



"I would probably be in the Intelligence Technician rating. I used to do that in the civilian world."

-Navy Petty Officer 2nd Class Richard Lopez



"I would like to change to the Public Affairs department. I am naturally inquisitive."

-Army Spc. Corey Bacon



"No change. I am fine where I am."

-Army Spc. Shawn Riley

IT'S IN THE LITTLE THINGS

By Army Chaplain (Lt. Col.) Ron Martin-Minnich

JTF Command Chaplain

Have you ever stepped up on the scale in your bathroom? Have you tried lying to yourself by shifting weight from one foot to another? Did you hold your breath in case air has weight by the pound? Did you do this with as little clothing on as possible and apply five pounds to the one piece you wore? The scale is still very rude. You can't believe it. You exclaim, "I can't weigh that much!"

The next morning did you try this adventure again but with much more fear because you had an idea of what it would say? To your surprise, had you lost four pounds during the night? It is possible that you

Life isn't dished out to be experienced and responded to by only the big things. tossed
and
turned
more
than you
thought
or some
of the
fat
cells
leaked
into the

mattress? Did you then go and perform a physical training test to see how out of shape you were? Afterward were you weighed and to your shock you had lost another four pounds? "This is great," you must have thought! You can lose up to eight pounds by exercising for about thirty minutes and getting a good night sleep. You probably thought how you could do a video on this and make millions!

What I found one time was a very happy discovery. My bathroom scale was off four to five pounds in my favor. That just made my whole day go better. Just that small thing put me into a better frame of mind and a bounce (four to five pounds lighter) in my step. It's just the little things in life.

There are other little things if I take time to notice. Like:

• Finding a \$5 bill in some old clothes before washing them.

- Rediscovering the beauty of a tree in the fall as it turns brilliant colors.
- Seeing the little boy again in a son who is now the big boy.
- A kiss with your spouse that was like the first time.
- Senses of awe at a sunset as you drive home.
- A child waving and smiling at you for no reason.
- The first bite of a good juicy steak.

You can add all day to the list I've started but it really is in the little things that life is renewed and sensitized. We are so busy in the seemingly big things that miracles are lost in the little things.

Life isn't dished out to be experienced and responded to by only the big things. All of life, including little things, is capable of changing our lives. It's the sum of little things like a math equation that adds up to a big thing. Accept all of life, even a lying bathroom scale giving you back five pounds.

Expect God's miracles in small packages! You will see them daily if you do. ■

CAMP AMERICA WORSHIP SCHEDULE

	0.00	D (((
Sunday	9:00 a.m.	Protestant Service	Troopers' Chapel
	5:45 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Evening Prayer	Troopers' Chapel
Wednesday	7:30 p.m.	Soul Survivor	Camp America
			North Pavilion

NAVAL BASE CHAPEL

NAVAL DASE CHAPEL							
Sunday	8:00 a.m. 9:00 a.m. 9:00 a.m.	Pentecostal Gospel Catholic Mass Church of Jesus Christ	Room 13 Main Chapel				
	9:30 a.m.	of Latter-day Saints Protestant Sun. School	Sanctuary A Main Chapel				
		Protestant Liturgical Protestant Service	Sanctuary B Main Chapel				
	1:00 p.m.	Gospel Service	Main Chapel				
Monday	5:00 p.m. 7:00 p.m.	Pentecostal Gospel Prayer Group	Room 13				
	7:00 p.m.	Fellowship Family Home Evening	Fellowship Hall Room 8				
Mon. to Fri.	6:00 p.m.	Daily Mass	Main Chapel				
Wednesday Friday	7:00 p.m. 12:30 p.m.	Men's Bible Study Islamic Prayer	Fellowship Hall Sanctuary C				
Saturday	4:15 p.m. 5:00 p.m.	Confessions Vigil Mass	Main Chapel Main Chapel				

Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.

15:00

Ainutes of Fame ARMY SGT. CARL SLICKER

By Army Spc. Jonathan Mullis

JTF-GTMO Public Affairs Office

How much preparation do you usually need before a written exam? Or better yet, before an oral presentation? How much time do you think it would take you to get ready before going in front of a board and being scrutinized down to the most minute detail?

Most of us probably couldn't imagine having anything less than a week's notice. But not Army Sgt. Carl E. Slicker; he was teld about his selection for the board with almost no time to prepare. Nevertheless, he wasn't fazed by it at all and was able to successfully present himself as well as represent his unit by winning non-commissioned officer of the quarter.

However, this is hardly the entirety of Slicker. Not only was he warded NCO of the year at Fort Leavenworth, but he is respected and described as "magnetic and intriguing" by his fellow Soldiers.

What is Slicker's secret? Well, he would describe it as "a lost art the Army." It's the art of properly looking after your Soldiers.

"When you actually care and try to help your Soldiers you become very familiar with the proper channels needed to solve problems," said Slicker. When Slicker is in front of a board and is asked questions about finance, or Tri-care he already knows all the answers because he has been helping his Soldiers with these same issues.

It's pretty common to come across people in the military who have nothing but complaints. However, once in a while, we're lucky enough to run into someone who is happy to be serving.

Sicker is one of those people. A person that makes you think, "Wow, I guess I really do have a lot to be thankful for."

In the future, Slicker sees himself remaining in the Army. However, he thinks he might have a different job.

"I want to be a chaplain. I think it's such an incredible opportunity to have a job where you just help Soldiers," said Sicker. He believes that an NCO's main responsibility is to counsel Soldiers.

"In the Army, we constantly hear that it's not a democracy ... but it is.

As an NCO you have to take into consideration your Soldier's time and their lives. You can't just base everything off of your needs and schedule," explained Slicker.

As time passes and new people come and go, it's easy to forget about others and think only of ourselves. But whether we're serving overseas or simply serving our families back home, consideration and respect for others will be a recurring theme throughout our lives.



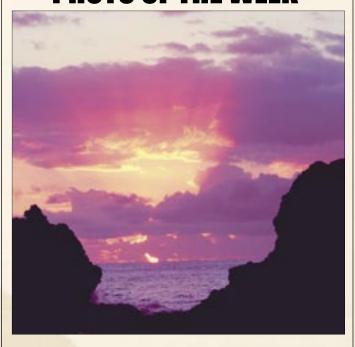
Photo by Army Spc. Jonathan Mullis

Navy Seaman Billy Dorn performs a checkup on a Trooper at the Kittery Beach Joint Aid Station. Proper hygeine and regular checkups are stressed to maintain the proper health of Joint Task Force Troopers.



Navy Petty Officer 1st Class Walter Jones enjoys a day of snorkeling in the warm winter waters of the Caribbean Sea off of Windmill Beach.

*** PHOTO OF THE WEEK



This week's Photo of the Week comes from Army Sgt. 1st Class Sean Leuenberger and his photo of one of GTMO's spectacular sunsets.



Navy Petty Officer 1st Class Joseph Bolton receives a congratulatory handshake after his reenlistment ceremony at Camp Six Friday.